



Positivity and Relaxation Training (PART) Program

Making self-care an integral part of your daily health and wellness

This 9-week program will help you develop a self-care routine to help manage stress, improve your outlook and enhance your quality of life. You will learn:

- How to recognize their personal responses to stress
- Meditative techniques that elicit the relaxation response
- How to change thought patterns and emotional outlook to adaptive and positive perspectives
- Techniques to improve sleep, eating and physical activity
- Ways to harness creativity, humor and appreciations to cultivate positivity and personal wellbeing

PART is a copyrighted curriculum developed by the Benson-Henry Institute for Mind Body Medicine (BHI) at Massachusetts General Hospital.

Contact us about program availability and pricing.

Individual and group options (up to 15 per group)

Virtual and in person availability



Offered by

Tara Jones, MPH, CPT, CRM, TSY, TIWL
A Certified PART Provider

912-658-9145 • tarajones@chlink.org